

# Fashion's Fancies...

## A GOOD CARRIAGE.

Why Our Grandmothers Held Themselves Like Duchesses.

An English writer, in speaking of the value of carrying oneself well, remarks that when our grandmothers were girls and straight-backed chairs instead of gush-



TAILOR MADE GOWN.

ioned divans were the usual resting places the young women held themselves with a straightness that was almost stiffness. Then when they grew old they still held themselves like duchesses, for it is the way one sits rather than the exercise one takes that determines the erectness of the figure. A prominent physician says that the proper sitting position requires that the spine shall be kept straight, and that the support needed for the upper part shall be felt in the right place. Therefore it is necessary to sit as far back in the chair as possible, so that the lower end of the spine shall be braced against the back of the seat. If this back is straight, the shoulders will also rest against it, but even if the shoulders have no point of support it will be found that they do not need it when the base of the spine is supported properly. This position makes no strain upon the ligaments of the spine. Every organ of the body is properly fixed by this attitude. The feet should rest squarely upon the floor. The hands should rest lightly in the lap, and thus perfect equilibrium and rest are secured.

A woman with a fine carriage, good taste in dress and plenty of self confidence requires neither beauty, wit nor talent to be a social success. Her merits are obvious at first sight, needing no long acquaintance in order to be appreciated. For women of this type the tailor made gown is particularly appropriate, and the sketch shows a pretty one of the checked cloth. The bodice forms a blouse in front, but has a basque behind. The stitched straps are of white cloth and the buttons of mother of pearl.

JUDIC CHOLLET.

## EXERCISE FOR WOMEN.

Bicycling, Walking, Dumbbells and Horseback Riding.

Since the idea that women cannot be strong mentally and physically, too, is not yet quite done away with, it behooves them to take particular pains to disprove it.

All who can possibly enter a gymnasium should do so, for public gymnasia are now so conducted that by following the directions of the instructors it is almost impossible to exercise in such a way as will be detrimental to health, but those who are unable or unwilling to do this can by simple means build up and improve the body at home. For strengthening and developing the legs nothing can be better than walking. A simple but most useful exercise which all can practice is that of strengthening the breathing capacity. When the breathing capacity is increased, the general health is improved. For the breathing exercises throw the head up, the shoulders back and the



BICYCLE SUIT.

chest out. Inflate the lungs through the nose until full, then exhale quickly until the lungs are empty and finish with long drawn inspirations. This should be done, if possible, out of doors. For strengthening and developing the upper part of the body a pair of light dumbbells is all that is needed.

Horseback riding and fencing are excellent exercises, but for the majority of women bicycling is more convenient, and as a general amusement it bids fair to rival the popularity of tennis. The long skirt has almost disappeared as a bicycling garment, owing to the trouble it causes in mounting and the danger of its becoming wound up in the gearing while the machine is in motion. Short skirt or full trousers are now the rule. A sketch is given of a French bicycling costume made of waterproof serge. The garters are of cloth to match, and the hat is of straw.

## ANTS AND APHIDES.

The ants are on the leaf and walking gently over the aphides, examining them one by one, the latter remaining perfectly motionless. One of them pauses for a long time over an aphide; she appears to be caressing it, now stroking, now gently flagellating its body with her flexible antennae. At length the insect responds, and from one of the pair of little funnels on the back there issues a single drop of a clear fluid, not expelled with force, as it often is when the insects relieve themselves of it, but gently exuded, the ant standing ready to receive it as a foundation. The aphide then sucks it up. The ants go from one insect to another, sometimes receiving a drop of liquid, but often having to pass on disappointed, their benefactors having apparently now ready to give in many cases. After a time they have exhausted the whole colony, and they go round leisurely stacking one after the other as if reluctant to leave until they have made sure that there is no more to be got.

These aphides are of a species distinct from those on the rose tree, with which the ants have been in all probability previously engaged. They differ in shape, color, size, and in the shape and length of the neck, and the actions of both the giver and the receiver show an intuitive knowledge

of each other, which can only be accounted for by an ancestry on both sides stretching back over an immense period, during which an intimate relationship must have existed between both classes of insects.—Cornhill Magazine.

## A HUNGRY MAN'S DREAMS.

One of the worst evils attending penal servitude is said to be the hunger which assails a man with a healthy appetite during the first few months or years of his imprisonment. A man who has just done a long term for robbery says:

I used to go to bed every night pinched by hunger. I began dreaming of languets, and would have thought nothing strange about it had not the same dream come to me every night. The languet was always the same, in the same place, and I always had the same place at the table.

The exasperating thing about it was that just as the first course was offered I always awoke, so that even in my dreams I was not permitted to taste of the mince-pie and pudding which was nightly presented to me in my sleep.

I dreamed to go to bed because the dream tortured me. It only made me the hungrier, and I then understood the agony of Tantalus, the fabled hero who was tortured with thirst, and to whose lips the waters were coming and receding just as he was in the act of taking a drink.—Boston Globe.

## GOWNS FOR THE MIDDLE AGED.

Mothers and Grandmothers May Be Attributed In Soft Bright Tints.

In color and in the shape of dress matters have altered very greatly to the advantage of an elderly woman of late years. It used to be an article of faith with her and her dressmaker that she must not be too smart, and a sort of lumpiness pervaded her general aspect. It is now, however, the young people who insist that their mothers and their grandmothers shall not give themselves up in the matter of dress and take on for their own wear the hopeless habiliments to which they once would have been doomed. Daughters now throw



HOUSE GOWN.

away their mothers' caps, or give them to the housekeeper, and with a pretty tyrannical insistence the soft rolls of white hair shall be arranged in such fashion as to set forth to the best advantage the fading features that they love so well. The mother of 60 protests and thinks she ought to wear black or at the most dark gray, and fears that her new gown is too fashionably cut. But these objections are generally overruled, and both sons and daughters love to see their mothers prettily dressed in soft bright tints and wearing garments which do not obscure the graceful figures that many women manage to retain well on into old age. The middle-aged woman of today is as smart in dress as her prototype of 20 years ago was dowdy and antique. That this freedom is occasionally misused is an unavoidable thing; but, on the whole, it is an advantageous change, as the consciousness of looking well always improves the spirits and manner.

The illustration shows a princess house gown suitable for a middle-aged woman. It is of opulent fabric, lined with taffeta. A blouse of lace, headed by pearl passementerie, straggles down two lengths of laces of black or white guipure, according to the color of the gown. The first should be about 1½ inches in width, the second still wider. Take the narrower, turn up the edge to make a full round the neck and gather it into five parallel rows at the

## MADE OVER GOWNS.

To remodel an old evening dress for ordinary use add a deep basque, full if one is slender, slightly gathered if the opposite. Such a basque is extremely pretty in lace, plaited surah or plaited silk muslin, and at once renews the youth of the toilet. Lace blouses made with long bagues are also worn by the economical over old gowns of a bright color and smarten them up wonderfully. Overskirts and blouses of light jettied lace also renovate old silks, whatever their hue. To successfully fill up the décolletage and turn a ball gown into a serviceable demitasse buy two lengths of lace of black or white guipure, according to the color of the gown. The first should be about 1½ inches in width, the second still wider. Take the narrower, turn up the edge to make a full round the neck and gather it into five parallel rows at the



CHIFFON BLIOUSE.

throat. The second piece, which should be deep enough to fall to the waist, is then gathered so as to form a point in the center, cut out over the shoulders, gathered and pointed similarly at the back, where it fastens invisibly. To keep all in place a Frenchwoman would sew a button on the evening dress and secure the lace to it. The junction of the two pieces is hidden by an insertion of jet passementerie that runs round like a yoke and is crossed at the shoulders by two semicircles of the same, ending off back and front with heavy jet fringe. Ribbon to match one's belt may be introduced under the insertion, and a gown available for theater wear or for a small party is thus constructed at but little trouble or expense.

The sketch shows a simple chiffon blouse, which may be made with an old silk bodice as a foundation. The chiffon is gathered at the throat, neck, belt and smartened by the addition of lace about the neck and on the elbow sleeves.

## BEGGING TO BE BOUGHT.

All Sorts of Pretty Pottery and China Are In That Posture.

Since the general business depression oriental flowers sold for a paltry price in comparison with their former cost. Japanese potters, always a temptation to the incautious observer, are additionally ensnaring now that they have been so vigorously "marked down." Black and gold screens of various sizes are shown at a bargain, while all sorts of pretty pottery and china, useful as well as decorative, are begging to be bought. One of the most attractive novelties is a pottery jar the size and shape of a grape fruit, curiously shaded with yellow and green like a half-ripe pear and decorated with gold medallions. There are also shown some new Japanese pincushions made in the form of an ear of maize, with the green husk still partly enveloping it and a withered looking tassel.



EMBROIDERED BAG.

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A great many French and Viennese glass and metal novelties are imported by establishments making a specialty of them, and things may often be found there which are never seen at the large fancy goods houses generally patronized. Some beautiful vases and rose bowls of water green glass are exhibited, both plain and decorated with embossed garlands in gold, besides a variety of cups and saucers, trays and similar articles of fine china sprinkled all over with tiny roses, pansies or forget-me-nots. Also there are marvelously like like little birds and animals made of metal and enameled in the natural colors. These are most artistically done.

A sketch is given of a fancy bag having a square bottom and triangular sides, inside of which is the gathered bag of silk. The stiff bottom and sides, which are all in one piece and are bent into shape, are covered with silk or plush, and the edge is finished with a cord. Each triangle has a sprig of flowers embroidered upon it, and the lower corners are adorned with small bows of ribbon.

## PARISIAN NOTES.

Suggestions About Gloves and Concerning the Toilet.

Parisian women are the best gloved to the world, but most of them wear 9/16 or 5/8 gloves. These are not the smallest sizes for a pretty hand, and many women by many of the fairest of the sex nevertheless, for a tight glove is a perfect abomination. It makes the hand look larger instead of smaller.

When tired, warm and weary after a day's outing, do not plunge the face in cold water, expecting to be refreshed. You will be more than disappointed. After the first cooling contact with the water the flesh will smart and burn more uncomfortably than ever. Instead of soothing the overheated skin, cold water acts as an irritant, whereas tepid or hot water produces a cooling and desirable effect. After removing the dust and cleansing the pores thoroughly a buttermilk rub will



NEW SLEEVE.

heal, whiten and keep the skin tissues in a healthy condition. The sun glaring on hot brick and mortar and hot dusty pavements is very hard on the eyes. Bathing the eyes in tepid rainwater, and upon salts or diluted extract of witch hazel will allay inflammation and rest them wonderfully.

The Marie Antoinette fachu is very popular in Paris, especially with taffeta gowns. It lies at the back, with long ends falling on the skirt, and is made of net and edged with lace or of glass silk and trimmed with ruffles.

A new sleeve is shown in the cut. The lower part is of guipure, the puff of accordion plaited goods. A guipure cap is placed over the puff, and that again is surrounded by a box plaited guipure lined with silk.

JUDIC CHOLLET.

Gaby's First Steps.

A well kept baby will walk when he gets ready. He doesn't need any lessons. Let him alone. See that his falls are broken and his humps kept better, but don't teach him to be a tramp. Urging a child to stand alone is an excellent way to cripple him for life. When the young bird's wings are strong, he knows it and flies off. As soon as the baby's legs are strong enough to support him, he, too, will stand up and walk off. Give him a chance.—Babyhood.

## Sure to Be Select.

Farmer Pavlov—Be you folks going to the church social at the Corners this evening?

Mrs. Summerboard—I think not. We rarely go to affairs of that kind unless they are very select.

Farmer Pavlov—Oh, this here'll be select enough! The selectness of the village is all going to be there.—Boston Herald.

## A Saying Transposed.

Wife—Please get up, John. The baby is crying again, and I'm too sick.

Husband—Nothing but trouble in this house! Never rains but it pours, and—

Wife—Well!

Husband—And as to the baby, it never rains but it pours.—Pittsburgh Bulletin.

## THEIR AIMS TO BE FAMOUS

Misguided Mortals Who Quit Life Simply to Make a Short Sensation.

## SOME ODDITIES IN SUICIDES

One Feather Brained Couple in New York Who Decided to Die Together Fearing Left They Should Be Parted in Life—Another Pathetic Instance Has Also a Ridiculous Side.

For the Saturday Tribune.

There are all sorts of motives for suicides, but the most unwhimsical of all is to quit life for the sake of notoriety. Vattel, a cook for one of the great French estates, killed himself because the duke asked him to dine. At the age of 98 years Zeno, the founder of Stoics, fell and put his thumb out of joint. This was a hint to him that he had lived long enough, so he went home and hanged himself.



A Pair of Suspenders.

"Did I understand you to say," inquired the lively drummer as the train sped onward, "that you were in the suspenders line?"

"You did," was the reply; "I have been a member of the regulators for a good many years. Know of any other that needs stringing up, do you?"

But the drummer had imperceptibly slid into the next car.—St. Joseph News.

The most lasting monuments of the copper age are the old grates which are constantly being discovered and stored up in the Madras Central station. They are made of copper and are so numerous that they are a nuisance to the station.

Didn't Like Being a Gentleman.

Among Captain R. W. Eastwick's recollections are several of a soldier's life, afterward well known as the Duke of Wellington, who told him a story of a sergeant in Wellesley's regiment. After the declaration of war with France, and when an invasion of England was feared, many volunteer regiments were raised, and this sergeant was selected to command a company.

Later, through the influence of an officer of the regiment, he received a cadetship in the Bengal forces.

The sergeant went to India, but being quite unaccustomed to mingle with gentlemen, soon found himself out of place. Some time afterward he was sent back to his former post, to be, as he said, a sergeant in the Thirty-third again would be promotion to me.

Colonel Wellesley was glad to have so capable a man in his service, but felt in honor bound to remonstrate with him for so mistaking his position.

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be confounded with febrile, but it now appears that fly bites, at least, may be very serious. It is not the gnatfly we are warned against, but the hitherto supposed to be harmless "housefly." The housefly, it is the old story of living germs again, "in the inoculation of which this little creature, notwithstanding the weakness of its mandible, takes its share." Another terror is thus added to our daily life. The origin of the proverb, "He would not hurt a fly," is now made manifest; it means that the mildness of his disposition, it means that he would not even destroy that enemy of the human race—the fly.

I possess a little dog against whom two reproaches have long been leveled—first, that he is not a sporting dog, and secondly, that he is useless. It is quite true that his notions of sport are restricted; he will not tackle a rat and has some apprehension about tackling a mouse unless it is in a very feeble condition. But to see him in pursuit of a housefly is to witness a chase of the most enlivening description, and half of it up in the air. I confess that I often join with him on wet days in this harmless recreation (for he never, by any accident, catches the blue-bottle).

When left alone, however, he will pursue the common housefly with great success, especially when it is on the window pane. Hitherto I have frowned on this recreation as being cruel and even barbarous, for he not only kills but devours these small deer, but I now perceive that he is actuated by benevolence toward the human race.—London Illustrated News.

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## SOMETHING ABOUT PROPELLERS.

And the Different Casualties That Beak These Massive Castings.

The propeller of a steamer is a comparatively insignificant object compared with the huge body it propels against the combined forces of wave and wind, but they come to grief frequently in a variety of ways. A few days ago the red steamer Venezuela, in a calm sea, without a breath of wind aloft, suddenly lost one blade of her screw, just as suddenly and with as little cause or notice as an overripe fruit drops from its parent bough.

Around the dry docks are numbers of gigantic propellers, all in one stage or other of disrepair. Some are cast in the solid—that is to say, the hub through which the shaft passes and the fans which extend from it are one solid casting. Others are built or cast, rather, in sections; the hub is one, and each fan or blade is another, which fit into bosses made for them in the hub, where they are secured on by huge bolts that run out to the hub casting. Where one fan or blade is broken it is easily replaced, as the makers retain the models of all wheels or propellers, as they are indifferently called, which they cast. Then the entire wheel is not rendered useless, as in the case when a solidly cast propeller like the Venezuela's comes to grief.

It is extraordinary to see the proportion of vessels that arrive having received some damage to their propellers. Occasionally damage is done by the shaft racing, as it is technically called.